

Grade 7 Physical Education Scope and Sequence

The focus for grade 7 physical education is on the refinement of previously learned skills as well as the acquisition of more complex ones. These students will practice skills in modified game settings with an increasing focus on rules. Even as games and the practice and application of skills become more complex, they continue to be modified in ways that ensure challenge, participation, and maximum opportunities for students to engage in moderate to vigorous physical activity.

Unit Theme	Unit Focus	Concepts (Based on SPARK PE Units)	Focus Standards	FitnessGram Assessment Pacing	Extensions
Introduction	This introductory unit introduces students to the course by establishing routines and procedures that will be followed throughout each of the subsequent units. Students will participate in the development of routines.	<ul style="list-style-type: none"> • “First Five Lessons” • ASAP-Instant activities • Routines and procedures • Self-responsibility • Participate in creating and implementing expectations and routines • Utilize 6th grade fitness scores to address areas of weakness and include in routines. • Establish routine for heart rate monitor use and management 	7.3.8 Develop individual goals for each of the components of health-related fitness.		Establish portfolio
1 Cooperatives	This unit includes activities that teach students to work cooperatively, with a partner or in a group, in order to achieve a common goal, are used to further establish class norms.	<ul style="list-style-type: none"> • Utilize Extensions section in manual • Social interaction • Group dynamics *Strand 5 (ongoing)	7.2.1 Provide feedback to a partner to assist in developing and improving movement skills 7.5.3 Participate as a leader and a follower during group physical activities, and identify the responsibilities of a leader in physical activity. 7.5.4 Discuss factors that influence internal and external motivation and employ motivational techniques to enhance group productivity.	Practice assessments – integrate each with daily lessons/warm-up	ELA Theme: Characters with Character SL7.1 Engage effectively in a range of collaborative discussions
2 Fitness Concepts	This unit provides students with a basic knowledge of physical fitness concepts, principles, and strategies to improve health and performance. Students will learn how to assess and maintain their own fitness and how to use activity logs and technology such as heart rate monitors to track and measure activity levels.	<ul style="list-style-type: none"> • Personal fitness • Target heart rate zone • “Healthy fitness zone” • Fitness Assessment • Heart Rate Monitors • Activity log • SparkFit • FitnessGram • Program Planning * Strand 4 (ongoing)	Develop an understanding of the following components of health-related fitness: Aerobic Capacity, Muscle strength and endurance, Flexibility, and Body Composition 7.3.2 Develop a two- week personal fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each component of health related fitness. 7.3.7 Meet age and gender-specific fitness standards, and identify one or more ways to improve performance in areas that do not meet minimum standards.		ELA Theme: Perseverance L7.6 Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases Mathematics: Analyze proportional relationships and use them to solve real-world and mathematical problems.

3 Rhythmic Skills and Movement Patterns	In this unit, students will examine multicultural dances from around the world. As a culminating activity for this unit, students are asked to develop and demonstrate their own routine set to music. Students will utilize heart rate monitors and pedometers to realize the benefits of dance as well as to assess their activity levels.	<ul style="list-style-type: none">• Jump Rope• Dance (multi-cultural)	7.1.3 Develop, refine, and demonstrate routines set to music 7.2.6 Explain how movement qualities contribute to the aesthetic dimension of physical activity.	Assess Push Up and Curl Up	ELA Theme: Survival in the Wild
4 Movement Concepts	In this unit students will demonstrate fundamental skills of varied positions, supports, balances, jumping and landing, rotation rolls, partner stunts and advanced skills. They will also complete extension tasks.	<ul style="list-style-type: none">• Stunts and tumbling• Parkour (supplemental to SPARK)	7.1.2 Demonstrate fundamental gymnastic/tumbling skills.		ELA Theme: Science or Fiction Mathematics: Draw, construct and describe geometrical figures and describe the relationships between them.

<div>5</div> <div>Manipulative Skills Combination of Movement Patterns and Skills</div>	<p>These units offer students the opportunity to refine sport specific skills and develop more advanced offensive and defensive strategies. The activities should continue to be modified to be more inclusive, active and enjoyable than traditional sports drills and games. Continue to create small-sided games. Advanced individuals can progress to larger sided games.</p>	<ul style="list-style-type: none">• Ultimate games – Bowling, Football, Frisbee• Flying discs• Hockey and/or Soccer• Volleyball and/or Handball• Basketball• Rackets and Paddles• Softball and/or Golf• Track and field• World Games• Archery• Fly Fishing	<p>7.1.1 Describe and demonstrate mature techniques for catching, kicking/punting in game play.</p> <p>7.1.1 Describe and demonstrate mature techniques for overhand, sidearm, and underhand throwing.</p> <p>7.1.1 Describe and demonstrate mature techniques for striking, trapping, and dribbling.</p> <p>7.1.1 Describe and demonstrate mature techniques for striking and volleying.</p> <p>7.1.1 Describe and demonstrate mature techniques for dribbling.</p> <p>7.1.1 Describe and demonstrate mature techniques for striking and volleying.</p> <p>7.1.1 Describe and demonstrate mature techniques for striking, overhand, sidearm, and underhand throwing.</p> <p>7.2.4 Demonstrate body management and object manipulation skills needed for successful participation in introductory adventure/outdoor activities.</p> <p>7.2.3 Demonstrate body management and locomotor skills needed for successful participation in track and field.</p> <p>7.2.4 Demonstrate body management and object manipulation skills needed for successful participation in introductory adventure/outdoor activities</p>	<p>Assess PACER, height and weight</p> <p>Assess Sit and Reach</p> <p>Make Up: All assessments</p> <p>Enter all scores into www.fg9.dc.gov</p>	<p>ELA Theme: War and Peace</p> <p>ELA Theme: Comedy and Tragedy</p> <p>Mathematics: Analyze proportional relationships and use them to solve real-world and mathematical problems.</p> <p>Mathematics: Solve real-life and mathematical problems involving angle measure, area, surface area, and volume.</p> <p>Mathematics: Analyze proportional relationships and use them to solve real-world and mathematical problems.</p>
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